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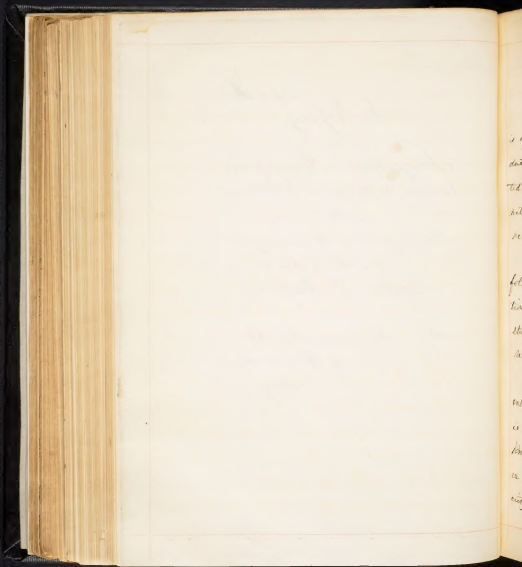
Ch: No 47

Repd Feb 27. 1829

An Essay  
on

Idiopathic Dyspepsia  
Submitted to the Medical Faculty  
of the  
Pennsylvania University  
for the degree of  
Doctor of Medicine

By Norborne A. Galt  
of Kentucky  
1829.



## Prefatory Remarks.

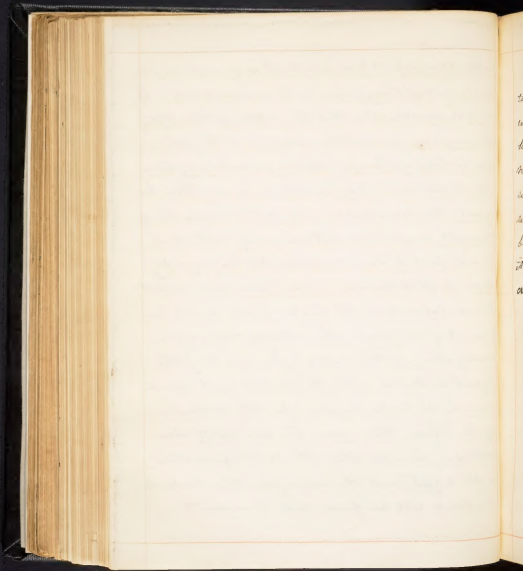
The subject treated of in the following pages, is of a nature so entirely practical, and the undergraduates opportunities of becoming practically acquainted with, are necessarily so limited, that an explanation may seem due for its selection on the present occasion.

Our reasons for choosing this theme are twofold, 1.<sup>st</sup> The growing necessity, that the disease in question, should be well understood by the American student; and 2.<sup>nd</sup> The interesting nature of the disease itself.

That Dyspepsia is becoming daily more prevalent in this country, there can be no doubt; and it is easy to give an explanation of the fact. It is known to be a disease infesting particularly the higher walks of life: in the refinements of luxurious society, are its causes generally to be found; for in pro-



portion as we depart from a natural and adopt an artificial mode of living, do we make ourselves liable to it. It was to be expected then, that the people of these States, who every day increase their indulgence in the follies and fashions of Europe, should proportionately have this formidable Melody multiplied among them. Consequently it is incumbent on every student to make himself thoroughly acquainted with an enemy, with which he will probably have to contend but too frequently. And in what manner can he better learn to detect its encroachments on the human frame, and to disarm it of its power when detected, than by an investigation of this nature? In consulting the highest authorities — for the <sup>he</sup> student must depend more on the "orda Registri" for the construction of his Thesis, than upon his own scanty observations, — he will obtain the best information on the subject; and the impression thus made on his mind will be fixed and permanent.



Dyspepsia is, moreover, in itself of a most interesting character. It is a disease, it has been well said in the language of Bacon, "which comes home to mens business and business." For he who now a days is entirely exempt from it, may consider himself truly fortunate. To be deeply sensible, therefore, of <sup>the importance of</sup> a knowledge of it, and to have bestowed no inconsiderable degree of attention upon it, appears ample authority in selecting it for an Inaugural Dissertation.





## Symptoms of Dyspepsia

In the present state of medical knowledge the paramount importance of a healthy condition of the stomach to the well-being of the individual, is universally admitted. This organ, so intimately connected by its sympathies with every other of the body, cannot be in the least disordered, without its morbid state exerting an extensive influence on the whole animal economy. Dyspepsia, therefore, wherein the stomach is so deeply involved, does not wait long, before the most remote parts become implicated. It is this which renders a classification of its symptoms so difficult. For, being excited by so many different causes, and appearing under such a variety of circumstances, the phenomena to which it gives rise, are numberless, and difficult to portray. To quote the words of the most elegant of Medical writers - "This malady, or rather

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abstract of all maladies is in itself such a Portent.  
arises from so many different causes; appears in many  
different shapes; produces so many strange & contrary  
effects, &c. &c. it is almost as difficult to give it a  
name as to describe its ever varying features." That  
arrangement, according to which the most prominent  
symptoms are enumerated as they appear in the  
principal organs, being deemed on the whole the most  
simple and easy, will be followed in this paper.

1<sup>st</sup> As they appear in the Stomach. Among the 1<sup>st</sup>  
are heartburn, distention, with acid eructations.  
Dr. Drake (Ex-Prof. of Trans. Med.) mentions  
as a common symptom, which he experiences in his  
own person, and frequently heard others complain  
of - no a feeling as if there were present a  
kind of blow, cold liquor, that induces the pa-  
tient to resort to stimulating potations to get his gut  
out in vain. The appetite is often voracious, or to-  
tally annihilated; sometimes fastidious, and at others



very depraved exhibiting the most odious qualities, as distinct  
Isolation is eaten generally undigested more or less discom-  
fort in the stomach, until the acids pass into the large  
intestine, where, vomited, and even pyrexia, sometimes  
attend.

2<sup>nd</sup> In the stools. There is mostly a stipitation, but  
sometimes diarrhoea. The above discharges are not of  
their natural appearance, being of various hues, some-  
times light colored from a debility of bile; at others  
black and indurated, and a colour of the healthy che-  
eck above. Occasionally, they are said to contain a  
small bile, rendering them as teneous as bileless stool  
and then, they consist of undigested bits of food.

A dyspepsia may be noticed here, on it. & Dr.  
Alb. says, a good deal of stupor - or tenderness of  
the epigastrium or praepur. Dr. Johnson, however,  
speaks rather slightly, that, although he shows  
that it exists in every stage of the disease, yet he has  
no hesitation in asserting that if a while regiments of sol-



clairs were turned . . . and their epigastric knifes  
still pointed fingers, they would all move from the Ga-  
-nack downwards' This is a symptom, nevertheless,  
much to be relied on, for it is easy to tell whether  
the tenderness proceeds from simple heat, or a mor-  
bid disposition, of the gastric and first instance, the  
tenderness will disappear by continuing the purgative, but  
in the second it increases rather than diminishes under  
the same circumstances.

3<sup>th</sup> The Liver is nearly always affected, as shown by  
the common disorder, as it is not, unless I believe it is suffi-  
cient to say which is the primary seat of the disease,  
this organ is the stomach.

4<sup>th</sup> In the various, flatulencies. The urine is usually,  
not high colored; or its secretion is increased, or  
presenting a red or a white sediment according as we find  
a catarrhal state of the female system. (Cervix and  
maternal symptoms not uncommonly) as shown in these early  
the urinary impurities being collected and excreted.





coiled on structures. Never shall I forget the honor I  
felt when, shortly after entering his most sacred cham-  
bers for store in the Hadden, I found myself la-  
boring under the same complaint, little suspecting  
at the time that the disorder of the bladder, whether  
a not sympathetic of that of the stomach.

184 In the mouth and fauces there is some taste of  
acids and heat sometimes a discharge with heavy  
odor on the breath. A viscid secretion from the fauces  
like the mouth is drier than usual, is said sometimes  
to be very harassing. The tongue is curved, especi-  
ally at the root and in the middle, and is fre-  
quently covered with a creamy deposit in the morning.

185 In the vascular system the pulse is generally  
languid, and often irregular. Sometimes there is great  
irregularity of the heart, sometimes it is quite stabi-  
lized to it, diffused. Thus here again is affection of  
that organ. Dr Johnson has been interrupted in  
the act, a sense of pressure in the region of the heart.



and most of these symptoms which appertain to acute  
angina, gastritis, induced by disordered function of the  
Stomach, and give rise to a sudden change of position  
and death.

<sup>2d</sup> The Skin is pale and dry, and its temperature  
below the surface stuporous, the extremities being cold, the  
rest moderately so.

<sup>3d</sup> The muscular system. There is great loss of flesh  
and muscular power. Death is due to it is not  
of all proportion to the waste of flesh. During a course  
of 10 or 12 days, it is a great deal of debility with  
than actual debility, and infinitely more tedious  
than in weakness." There is much inactivity  
in motion. That the slightest exertion is un-  
borne, is true in the true quotation "ventriculi vix  
de somno levantur."

<sup>4th</sup> The brain and nervous system. The intellec-  
tual faculties are much impaired, as shown by inco-  
ordination, inactivity, incoherence, &c. and here, at-



though <sup>often</sup> led, ridiculed, and treated as "silly notions"  
without "a local habitation or a name" we are  
to be aware of its formidable character, and which would  
ought a late winter sometimes arise, just as its existence  
then in dejected appearance is obviously in a con-  
fessing scathily settled. In one and the other season,  
there is a virtual the same rules, to believe in the  
well of the weather. Some so bad as the  
writings of the gentleman alluded to, he had often  
to find the greatest depression of spirits, without  
any obvious cause. It would come to account for  
his varied feelings. But on the whole of these  
writings, a light was let in which he must admit  
has done him many a happy turn. For  
on returning in winter for a free trade of  
ing, a change of seasons is better, as a rule almost  
and for that of "seasonal clothing."

Cephalopoda - usually called "cuttle head fish" - is a  
very ordinary concomitant. The senses of sight are



leaves are often erected & are covered with small  
green <sup>or</sup> bluish *Mussa otolithes* & in the  
week on the leaves, *Utricularia* *acuminata* &





## Causes of Dyspepsia.

Remote Causes

These are Physical or Moral

Physical Causes. Of <sup>these</sup> Diet and Drink stand out in bold relief. They cause Dyspepsia by acting in too large a quantity or of a quality so stimulating. In the first case, they debilitate the stomach by acting on its muscular fibres, producing inordinate distention; and in the 2<sup>d</sup> they derange its secretory function by their action on the secret. A very common and dangerous one also causes Dysp<sup>a</sup>. It is thus created in cases who wish to prevent themselves from becoming corpulent. Neuralgic affections of the stomach are now, much on the wane. Dr. Jackson, speaking of this, in his Lecture on Chronic inflam<sup>n</sup> of the mucous tissue advises it to be let alone But will not bleed to relieve it! In a very singular case



which I have just been reviewing, the "Confessions of an Opium-eater" (Calcutta) is here been written by Coleridge the Poet. He mentions having brought upon himself a most painful affliction of the ~~breath~~ <sup>throat</sup> by great fasting and hunger in early life and the relief which Opium afforded to this with the most indulgence in that "celestial drug."

Sedentary habits ~~are~~ <sup>but</sup> a fruitful source of "Dyspepsia," since females and students suffer so much from it. A due degree of exercise is necessary to keep up an equilibrium in the circulating system; every part of the body must be supplied with its proper share of blood, else congestion will take place in some organs, while others have not their share. Thus in the sedentary the muscles of locomotion being not much used, little blood is distributed to them, and they become small and wasted, while the abdominal viscera—the stomach particularly, from the stimulus of alimentation,—receive more than



their proportion only disorder - is further at least  
is finally the result. Connected with sedentary habits  
application of mind is a kind of the cause of  
Dyspepsia. Indeed, this disease may be considered the  
cause of the stupors for it is a malady by least  
that the mind is seldom elevated to any extent  
out of the existence of the body. In consequence of this  
is the brain so much concerned in the operations of  
the intellect that it does not radiate on the sto-  
mach that influence which is necessary for the pro-  
per function of its functions? or the intellectual  
operations merely produce a predisposition to disease  
by keeping up in the stomach a state of morbid  
action, whereby it is transformed into a ferment  
across of corruption; and at last irritability becoming  
established in the ganglionic nerves. The movements  
the viscera become disordered under the influence  
of the slightest causes? Having acquired this dis-  
ease, irritability, individuals rarely contract on a



flamethrowers from 1000, tanks etc etc so says M.  
Brennan.

In this country where there are so few crowded  
and ill-ventilated places, bad air cannot be every  
frequent cause of Typh. But in London it is considered a  
most prolific source of the disease. It is in great cities  
among "the swarming city's pale abortions" - we are to  
look to this as a productive cause. Its operation must  
be almost entirely limited here to the outbreak of pleu-  
sies and of - pneumoniae in their crowded halls in  
an atmosphere contaminated by the breath of  
100,000. Atmospheric miasmas have here, however,  
been well away; and when we consider the extent of

\* As an exemplification of this remark (if it needs any) con-  
tract the medical student by this, or any other school, at the  
evening and the close of the course. He comes from the  
country, perhaps, with the rose upon his cheek, vigor in his  
limbs; his whole appearance in a sort "redoubt" of health. Long  
before the close of the lecture, however, he becomes pale, nervous,  
dyspnoic; his very looks seeming to cry out with the poet  
"O thus quarts to aspinum!" which I believe to be the effect  
of the vitiated air we breathe.





in so. in which they eat the whole skin and it is  
impossible sympathize with its stench, we are not sur-  
prised to find that emigrants made their choice so  
materially against the objection against. A dyspeptic does  
not feel tolerable in a humid atmosphere.\*

Too little Sleep is said to cause Dyspepsia. Also  
excessive indulgence in it. How can we fix the period  
of sleep necessary for health, when the quantity needed  
varies according to temperature? It is said, for in-  
stance, that Napoleon only slept four hours; and Prof.  
Waldwell (as he says) 'only sleeps three hours & 1/2 in  
24 hours - and a note is even related in the Med. Obs.  
(Review for the Dict. des Sc. Med. of a distinguished  
Parisian gentleman who was accustomed to sleep only  
1/4 of an hour. (Good, & Good!) The average quantity  
which we ought to recover, however, is probably  
six or seven hours, and much <sup>more</sup> or less than this is  
detrimental.

Tobacco in this country is a very frequent agent

\* Hence the number of suicides in England (See England?)  
in the death and I am not sure



The production of the above under consideration, and  
no doubt often works as a cause unexpected. Dr. Blay  
never relates in his lectures an interesting case of a distin-  
guished gentleman, who though of a robust frame, and  
accustomed to much exercise as a finishing lawyer, yet  
was so much affected w<sup>th</sup> the disease that he felt  
too timid at times to make a motion in Congress, and  
could not even concentrate his mind sufficiently to write  
a letter; he moreover suffered from loss of sleep &c. He  
applied to Dr. B. in relief, who told him the cause; he  
left off tobacco, and recovered very soon. It is thought  
by Dr. Drake, that persons of the sanguine tempera-  
ment may use tobacco with some impunity; the phleg-  
matic with more, as he recommends to them it may  
be beneficial on account of their phlegm. But they of  
the bilious temperament, the temperance as the do-  
ctor Prof. thought it of genius and of great design,  
of exquisite subtilty of body and mind, cannot use  
it without much ill consequence.



As to the abuse of medicines say ye, overthrowers  
of gods and kings, how often bygone, is perished in  
this way! Dr. Keenan's, and all similar sorts,  
have probably done more harm than any medicine yet  
in existence which has had its day and is now no  
more. For his "chip" was a medical book and read the  
symptoms of diseases, without damaging themselves after-  
wards with every remedy about which they read, and the  
physicians themselves accordingly. The fate of many a  
good constitution, gradually padded and puffed into  
a dyspepsia and perhaps finally destroyed altogether,  
may be read in that of the Italian Count de "Cous-  
soll, wished to be better, took phos., and died."

I feared both the reception of chronic eruptions,  
insects in honey, yes see also previous bygone, but  
upon which I have not time to dwell.



## Moral Causes.

The cultivated society then are supposed to operate in reducing Typhoid in an almost equal degree with the Physical Causes. & for this we be surprised at this World the relation of the physical causes there is connected commonly an indifference on the part of the individual without which they would in a measure be harmless, nor over them we continually have control, and they may be counteracted by ourselves, in most cases at least. If we are wise "inthalta causa, tollitur effectus" For instance a sad emotion a piece of news may produce in us the disease, we abstain from it, and get well. But over the emotions of the soul, who has command? Who that can claim to be least sensitive, can help to conquer grief at the loss of friends? Or who is cold philosopher enough to see without





7  
perturbation his ambition disappointed, his hopes  
withered? He shews that we must be daily ac-  
quainted with a course of indignities to the mind and  
soul the Poison Love here Reason may have  
an influence in clearing them violence, but cannot  
control them entirely.

The effects of the Laws and moral im-  
ages in the system are well known. The oblique  
and indirect in education, superstition, & Religion.  
The discipline, rights and duties system are so  
intimately connected by the view of natural law  
and with the new that every thing in  
another make in the latter the new system  
does not seem to extend its influence to the former.  
During a season of poison, direction is  
weakness or entirely neglected. The time is  
by the new & glance in which it depends  
being interrupted, and the view, with the virtues  
of the new & virtues, & virtues in the same



age. For instance the literary recreation is said at  
times to be induced so rapidly by a fit of anger as to  
produce another all along the line. It is easy to  
see that an effort to suppress the intellect, and  
a passion will have in the system. The various  
elements of the system and functions is over-  
come this and other diseases, is a pleasing subject  
of inquiry, but on an occasion like the present  
we must pass by with this brief notice, only  
remarking in conclusion that it is in general the  
painful infirmities which produce effects - it is known  
"altered nervous expansion, impelling the parts  
inward, the so called; pain becoming concentration  
and, and action" as remarked by Brown. For  
the same reason, however of health, the other  
of disease.



## Treatment of Typhoid.

This divides itself into two parts 1.<sup>st</sup> our attention to the remote causes, and the regulation of the Non-naturals (quaintly so called) and 2.<sup>nd</sup>

The Medicinal Treatment.

1.<sup>st</sup> It is our duty to ascertain of what cause caused the case before us is the product of every thing which can be removed as a cause must be withheld; it must be removed as a side question to the cure. With regard to secondary habits, bad air &c. &c. the treatment here is too obvious to need particular mention. As to food and drink, of all the non-naturals the most fruitful source of the disease, it will be well to speak more in detail.

It is said that "every man of bed is either a fool or his own physician". If this adage be true, there must be many more fools



than physicians in this world! None of every re-  
medy as Boissier did. There would be 'one pill  
- the <sup>best</sup> saying "What did Boissier do?" when  
he found that the breath he was every day swallow-  
ing plunged the very soul with Boissier's pills\*"  
he adopted a plan of regimen of his own and  
was rewarded by a happy state of mind and a re-  
turn of his old composure on his temperance. But  
as at the day there are probably few, very few  
Boissiers some general rules should be laid down  
for the dyspeptic's in the regulation of diet and  
drink.

1<sup>st</sup> The diet of the dyspeptic should be restricted  
a greatly, especially when overeating was the  
cause of the disease.

2<sup>nd</sup> Any particular article of food, found by  
experience not to agree should be left off. The sugar  
(except rusk or oyster - horse leek) is never more  
a profus than here. Every one, the dyspeptic in-

\* Abernethy's 'M.P. Lectures





solid particularly should endeavor to ascertain what  
are the articles which cannot be taken by him with  
impunity. Dr Schuber gives an excellent rule for  
the regulation of food - viz - never to take it in  
such a quantity, or of such a quality as to pro-  
duce a conscious sensation in the stomach. When  
we take an abstemious meal, says he, we feel a  
slight degree of pleasant sensation throughout  
the entire frame, especially if we have fasted  
some time previously, but no distinct sensation  
in the stomach. So long that we have a "stomach  
ache" he continues, is no good sign!

Whence then does the drunkard produce any sensation  
of excitement in the system? or "our food is de-  
stroyed by an ineptitude for mental or spiritual  
excitation" we may be certain that we have over-  
eaten and are to regulate our diet accordingly for the  
future.

3<sup>rd</sup> Food should be well masticated in the



enough imbed with saliv. By observing this rule  
we not only furnish a proper portion of saliva which  
first is digestive, but by eating slowly we give  
the food time to combine with the gastric juice  
& the appetite to subside before the stomach  
becomes overcharged. It has been disputed whe-  
ther drink should be allowed at meals. It is  
certain a moderate quantity is necessary, although  
some is contrary to Aberrant who told a  
gentle friend of Dr. Chapman's to "live like  
a host eat, drink afterwards lie down and  
go to sleep."

1<sup>st</sup> Solid food is better than soup, which according  
to Dr. Laiside is of digestion not producing a suitable  
degree of firmness, which the churning motion  
of the stomach.

2<sup>nd</sup> Food should not be taken in a state of indigestion,  
nor should exercise be entered into too soon  
after eating.



2

For the particular details, which are difficult  
together and choose in paper, I refer to Paris  
or Dad.

In selecting food for the invalid some atten-  
tion however, should be paid to the individuals  
various habits, national taste, especially, should  
be consulted. What would agree very well with  
a person of one nation, might disgust one of an-  
other. Even in our own country this holds good. Thus  
Dr. Chapman humorously says "The Virginian  
delights in his bacon and greens, and the Yankee  
will fetch his rights after cod-fish and potatoes."



## Medicine. Treatment.

Indications given with a view of curing Syphilis  
are consequently ineffectual when the diathesis con-  
tinues uncorrected. There seems to me a great ex-  
cess of medicine being resorted to. I believe a rational  
and judicious use of the most simple preparations for  
the cure of the disease, if the system be previously cor-  
rected, will succeed better than the most powerful  
agents. I have seen many cases of the disease cured  
by the use of the most simple preparations, and I believe  
that the same result may be attained in all cases.  
I have no doubt that a more judicious use of  
the most simple preparations will succeed better than  
the most powerful agents. I have seen many cases  
of the disease cured by the use of the most simple  
preparations, and I believe that the same result  
may be attained in all cases.





its obnoxious the lower rectum, while it more pro-  
piously be applicable to the evacuation of the  
subject with not a few lines.

It also seems to possess the tendency to be em-  
ployed, and in small quantities no inflammation to  
prevent and Dr. Sinker agrees with him in this.  
The lower in particular affects lightly of these  
matters. In the use of emetics is says to often  
succeeds in completely relieving the morbid con-  
dition of the stomach even when no more food  
not sufficient they at least pass the water for the  
more successful operation of other means. In the  
various "processes" is understood.

Purgatives are to be sparingly used. Infants  
suffering from indigestion, produced by these in-  
discriminate employment in dyspeptic complaints.  
In the beginning they may be given to remove  
the morbid contents and irritating contents of  
the alimentary canal but afterwards all such



is necessary to produce one vacation early, and  
but the other one later. It thus says I believe  
in a second or later first "rest" - more sur-  
vival than action perhaps a long "age of  
years" in the "rest" - long - but choice  
in that matter with respect to the stomach  
and small intestine but that all in all  
on the other hand as before, to produce the  
change and a long duration. It may be necessary  
to remove a measure, and the experiment. It may  
appear to be much better <sup>than</sup> to be in a  
condition of hypochondria, to be established. The  
stomach, which much in it for this per-  
iod is a late with long, great gesture and  
intentional imitation, long, present periods con-  
sistent to, even to be more than that, producing  
disagreeable effects in which case ingestion shall  
be used; then the old and long system of  
rest the mother's condition, the power is known.







dent on the disease is best removed by lime-water. Magnesia. In cardialgia the key of history often was the  
 at thing that relieved it. <sup>the</sup> For the former  
 in it to relieve when the disease was "Trop."

The oxide of Bismuth I have known very desirable  
in erysipelas; but not  
here. R. Dr. Bismuth - Unguent. aa ʒ. is not  
so much used. It is one three times a day. Where  
acetic acid is much used with a preparation to pain  
and flatulence the following formula will be  
recommended. R. Magnes. Carbonat. ʒb

Shellets	3.00
2 1/2" x 1" x 1" mat	3.00
1 1/2" x 1" x 1" mat	2.00
1 1/2" x 1" x 1" mat	2.00

*Copie Thott. Latina* E IV 178

mint first, <sup>o</sup> cures cabined cough & many, bro. terms in re.  
I have there see dot. & medicine now  
mint excellent remedy

The sympathetic a system, the head, near the













The mind however is as it is found in nature.

A young Frenchman told him that his feelings were never so vigorous that he never lost the spirit of liberty within, as when travelling on the shores of Lake Geneva.

It is the power of exercise is so beneficial to travelling, especially when Hypochondria is connected with it. Its effect on the mind as well as physical condition of the invalid are most agreeable. Being thereby removed in a great measure from the perplexities of business, from many of the "concealing" and conflicting interests which torment him at home, and seated on the shore with a continuous succession of new and interesting objects, the mind has time to turn over former scenes, or to enlarge on glorious anticipations of the future. But the frequent change of scene is kept renewed and soon becomes serene and even cheerful, while the body in the mean time is invigorated by the exercise the light air.



the healthy influence of the increasing mental exhilaration. The appetite is soon improved, and likewise the powers of digestion and assimilation; this improved condition of the stomach and bowels exerts a healthy influence on all parts of the body, on the mind particularly, and these reacting on each other, mutually unite in restoring perfect health.

Finis



Post scriptum.— On looking over the preceding pages, I perceive some passages which might very well have been omitted; but with more regret I find the 1<sup>st</sup> parts have been left out, which certainly should not have been passed over in silence. Thus, it should have been stated, that





the proximate cause of the disease appears to be owing to an  
irritation of the stomach, attended with inflated secretion, and  
also very commonly with debility in its muscular fibres, owing  
to frequent distention, which last was also contributed by for-  
mer pathologists to the Pica. cause. The distinction between  
this disease, or a form of it (Gastralgia) and chronic Gas-  
tritis, might have been advantageously drawn. The use of  
leeches to the epigastrium to afford an allaying irritation, - of  
the mineral tonics, when tonics are required (as recommended  
by Dr. Blaisdell) - and of the blue pill with a gentle laxative  
in the morning (the Adversiotherian plan) in intractable cases,  
(cum <sup>cautela</sup> <sup>cautela</sup> <sup>cautela</sup>) might all have been dwelt upon with propriety; but as I  
know it would not be wished of me that I should waste  
time (when time is so precious) in re-copying so long a pa-  
per, I confidently commit <sup>it</sup> such as it is, (uncorrected  
by any friendly hand) to that indulgence which I trust  
will be extended towards it.

